

# **EIGHTH ANNUAL REPORT**

of the

## **New Bedford Family Welfare Society**

**Formerly New Bedford Charity Organization Society**

**New Bedford, Massachusetts**

"What could have been done more to my vineyard than I have not done in it? Wherefore when I looked that it should bring forth grapes, brought it forth wild grapes."  
Isaiah 3-4 verse.

**January First**

**Nineteen Hundred and Twenty-three**

### **CALENDAR.**

Board of Directors, Fourth Tuesday

North District Conference,

First and Third Thursdays, 4 P. M.

South District Conference,

First and Third Tuesdays, 4 P. M.

Directors Case Committee,

First and Third Tuesdays, 11:30 A. M.

Other committees meet on call of Chairman.

# New Bedford Family Welfare Society

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## EIGHTH ANNUAL REPORT

JANUARY 1, 1923

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## HOW TO USE THE SOCIETY.

When you wish advice in the problem of any family or individual, visit, telephone, or write our Central Office, 12 South Sixth St. The office is open from 9 A. M. to 5 P. M. daily except Saturday 9 A. M. to 1 P. M.

## **PRESIDENT'S REPORT.**

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The New Bedford Family Welfare Society has, I think, been quite generally recognized as an originator of new social activities in this community. In fact it is one of the purposes for which our society was incorporated and so appears in our constitution. As a result we have started quite a number of new charitable activities and have assisted in the establishment of others. It is, therefore, quite appropriate for us to inaugurate a new one and it is about our new project that I wish to speak very briefly to-night.

This year you have perhaps noticed in the budget of this society an item under the heading of the Department of Household Management which has never appeared among our expenses before. The reason for the establishment of this department was because your General Secretary and Board of Directors felt that this society could do a great deal of good in enlarging one of its activities and not only instruct families how to live more efficiently and get more returns from the money spent than they usually do, but could also by establishing a model tenement in the congested district at the South End show families how to make better living conditions in their homes.

In order to do this it was felt that it would be most desirable to hire a tenement about the average of those which our families live in and in it install a kitchen equipped as the usual tenement house kitchen is furnished. We would endeavor there to demonstrate in a practical way how the various suggestions which we have made in regard to the conservation and proper preparation of food may be accomplished. It is also the purpose to show the advantages of keeping the tenement clean and orderly and



in fact to show our families by practical example the way to live better and more wholesomely on the resources which they possess, for very often money is wasted when if carefully used it would insure a much higher standard of living. The science, and it is a science, of buying the most nourishing food at the least expense will also be taken up as part of our work and it is the expectation of your directors that a very considerable saving in the average budget may be made through this means. The experiment is certain to be a very interesting one and if successful should go a long way in helping the average family get a greater return for the money which it expends for living expenses.

The so-called "learn to eat" classes which have been under the efficient direction of Miss Van Wart and which have been most successful in aiding families to secure the proper food for young children and in endeavoring to teach such children what to eat and how to eat it have served as a basis for this larger experiment. Miss Van Wart will have charge of this new activity and we feel that she will be as successful with it as she has been in connection with the work she has previously undertaken.

All new work of this description requires the cooperation of the public at large and we hope by demonstrating its value to enlist the enthusiastic support of every one.

The President on behalf of the directors again wishes to extend to our General Secretary and staff their thanks for the efficient and careful attention which they have given to this society during the past year.

FREDERIC H. TABER.

## GENERAL SECRETARY'S REPORT.

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One of the questions most frequently asked the social worker today is "Why do you want as much money this year, with improved business conditions, employment easier to obtain, and people better able to provide for themselves."

Let us glance at what the volume of our work has been this year. Six hundred and seventy-six applications for assistance have been made to us as against nine hundred and eighty-eight last year. One hundred and seven, of the six hundred and seventy-six, were referred directly to other agencies, leaving a total of five hundred and nineteen that became our responsibility. In one hundred and thirteen of these unemployment was the basic trouble—and in two hundred and twenty insufficient income. This leaves two hundred and thirty-six problems where the outstanding difficulty was not due to either of these causes. In 1919-1920 unemployment totaled five hundred and nine—and insufficient income forty-nine. This is interesting as it shows the return to conditions apparently normal in employment—but still shows insufficient income as the greatest factor in the troubles of our disadvantaged families. Inadequate wages has been made the subject of a study by our dietitian this year, so I am not going into the matter in my report.

Improved business conditions do relieve us in part from the immediate concern of meeting material needs, but we do not consider improved material conditions as an opportunity to reduce expenses, but rather as an opportunity to do better work in developing the potentialities, physical, mental and spiritual of our families and of the individuals who make them up.

Due in part to a reaction from materialism and in part to a period of transition in history, introspection and self-analysis have become characteristic of recent thought. Organizations as well as individuals have been affected by it and because of it are showing evidence of a growing desire to find the basis on which to accomplish more honest and better work.

In something of this spirit we are viewing our problem and finding the center of the picture occupied by personality, with the material factors on the canvas as background, necessary, vital to the whole, but subordinate. Too often we are content with a superficial relation with our clients. We are prevented from an intimate knowledge of them by their own inarticulateness. Yet they need us all the more because of this very lack of ability to speak, or to make the necessary analysis of their own mental and moral situation. Inarticulateness is often accepted as inevitable, instead of as a challenge to the worker to find the talisman that will remove a possible repression. Indifference also is often allowed to indicate the character of the future when it should be treated as a morbid phenomenon to be overcome. We have been tempted in such difficulties to dismiss our client as soon as material needs are met, or as we feel that nothing further of a constructive nature can be accomplished. Is not this where we have often missed our opportunity, and, our faces turned in the wrong direction, have been looking not at potentialities but at poor accomplishment?

What practically are we doing with our released time and energy, and what are we doing about these new values in our work. New steps can be traced in our use of the different aspects of family life, religious, health, recreational, industrial, for the development of personality.

We are reaching out for the better use of the religious impulse, and for means of developing and strengthening it. Does our actual work reveal that we care whether there



is religion in the lives of our families? I mean by religion a definite seeking after and finding a relation to God, in whatever varied way this may be expressed. Are we faithful in caring how much religious influence the home is providing the children and whether the routine of home life allows opportunity for every member of the family to go to church. All societies with good standards would say that they always connect their families with the church—but are we not all more or less content with a perfunctory connection and feel we have done all that is necessary about it—that the responsibility rests with the church.

Our cooperation with the parish church should become further an effort to interpret to it the major factor it is in the social readjustment of a disorganized family; and not less the major part such social readjustment has to play in that family's potential spiritual life. One way in which we are trying to make this interpretation is through organizing classes for Volunteer workers in different churches. We hope as a practical result of these classes to show them that they need our knowledge in their relief work and that we need their contribution of service.

The function of health in family social work is emerging from superficial consideration to its own position of importance. Whereas we used to be content to accept whatever medical help was available for our clients, we are now making a demand on the medical profession for the best they have to give.

Finding it impossible to use the medical clinics as they are organized today for the examination of supposedly well adults and children, we are beginning to pay for this examination least, to use an automobile figure the doctors are fond of, they are running on four cylinders when they should be running on six. We believe this will prove to be an economical measure because of the practical results in the work of prevention. We hope the time is not far off when well clinics will be organized for children and adults for babies.

A dietitian is a necessary part of a health program in work with families. Her help in making budgets and in teaching principles of nutrition and methods of good house-keeping is invaluable in the creation of a better medium in which a doctor's order can be carried out. We have two nutrition classes for our mal-nourished children, conducted by our dietitian who by teaching them appetizing ways of preparing wholesome food, and by other training measures, has built up their health and prevented many physical ills.

We know of the large part measures for mental hygiene and treatment are playing in health nowadays. Family social work is beginning not only to reach out for the benefits of this mental knowledge as a resource, but also for a presentation of its needs to mental specialists, as a particular field for endeavor. Resources for examination, not only for the feeble-minded or backward, but also for the troubled, the mal-adjusted, and the undeveloped must become more accessible to us in our more thorough going interest in the man and his particular needs.

Who of us could exist continuously without some form of recreation. Yet many of our families do not know how to have a "bit" of fun. The children we have tried to provide for through organized recreation in the community, but we all know it is not unusual for the mothers in our families to work all day in the mill and go home at night to wash and cook and get ready for another day. It is a common occurrence in the textile industry for women with young children to work in the mills and it often seems an absolute necessity in order for the family to obtain an adequate income. Our society has steadfastly opposed it and has been fairly successful in solving the financial problem in other ways.

It is interesting to see how personality will show itself when leisure becomes possible and one has the opportunity for recreation. A mother of one of our families told a worker that what she longed to do was to go up-town, get

a cup of coffee and doughnut and look in the store windows. Sad the lot of a person who has no desire for fun, and just here is where family social work is endeavoring to remedy a long neglected factor in their casework—the development of recreation for our families.

It is not an easy task, as most of our families are blessed with many children and with whom are they to be left if father and mother go out together. Looking around for resources to make their going out together possible it occurred to us that the Day Nursery might be the necessary resource if they would admit children one afternoon a week for this purpose. They are considering the proposition and we hope some such arrangement can be made.

Referring to fathers and mothers enjoying their fun together, we had rather an amusing time in arranging such an outing this year. Mr. and Mrs. X. were married at the respective ages of nineteen and twenty. Both were fond of a good time and met at a public dance. After a short period of "courting" they married and soon all fun was interfered with, by a constantly growing family. Mr. X. was a skilled workman but long hours at confining work broke down his health and soon the family became dependent. This was a bitter thing to both Mr. and Mrs. X.—and when it was followed by illness of the children, life became unbearable. Strained tempers became the rule in their family and Mrs. and Mr. X. in turn, threatened to break up the home and live apart. Constant supervision on the part of the society with necessary financial assistance, put off this last catastrophe, but it still casts its shadow over the home.

Mr. X. finally recovered his health in part, the children improved and we secured for Mr. X. congenial occupation which fitted his physical capacity and made the family almost self-supporting.

Recreation, was largely unknown to both of them and it occurred to our worker, that it might bring about a renewal



of affection between them. She suggested that they go off for a day together. Mr. X. visibly lost his enthusiasm for the plan when his wife's going was suggested and objected on the score of expense. This was met by our worker offering to pay Mrs. X's expenses. After much grumbling a day's outing was arranged. According to Mrs. X. Mr. X. was disagreeable all the way to the scene of their good time, but there a new and different environment blew away the last vestige of ill feeling. Relations between them are greatly improved and there is hope that repetition of a day together away from family cares may prove the necessary outlet for strained nerves.

It is true that common anxieties and burdens take away capacity for enjoyment but it is only dormant in most of us. We forget that before marriage recreation was the opportunity which drew the two together and that it may well be a factor in keeping them together. An item for recreation is in all our budgets.

One of our foreign families was the despair of our worker—stolid and uncooperative—yet with potential personality. In an effort to rouse him with new interests she finally persuaded the man to go to night school. He showed a surprising aptitude for acquiring English. One day happening to call in the evening she found him playing a flute. She learned that he had a little knowledge of the piano also but had not had an opportunity to get at one since coming to New Bedford. For weeks she had been trying to get his children into her Nutrition Class, but he had always objected to her taking them away from the home. Seizing the opportunity she told him of a piano in the room of the building where the class was to be held forthwith, so he took the children and went over to the building with her. Today he plays Sunday afternoons at a Mission. He has been delegated by the mill in which he is employed to interest other men in attending English classes at night school. A prompt result of his own English lessons was



the taking out of first papers for citizenship. He has put on his door plate "Alfred Antone Perreira and wife citizens of the United States, Precinct No. 7." Evidently he has a new strong sense of personal identity (plus wife's).

We have to bear in mind our temptation to adapt men to their work, rather than jobs to men. How often is a client told of occupation for which he is unsuited, either for mental or physical reasons. Let us not add to the number of poor workmen at uncongenial tasks, who through the right opportunity might have developed innate capacity. Any person accustomed to the reading of case histories will testify how rarely one finds the man employed over any length of time in the same position. He shifts from one occupation to another, a misfit, until he dies. Vocational guidance is working to remedy this for the rising generation, but there are many today who are comparatively young for whom much might be done. In my opinion the rank and file of American workmen are "good sports," inclined to take things as they come and accept untoward conditions almost too philosophically. That this opportunity to develop personality, through industrial resources has been lost sight of by many of us is due to lack of imagination rather than want of interest. It does take imagination to kindle ambition buried beneath the stolid acceptance of an uncongenial job, by a father of five or more, who is extremely busy getting mere bread into the mouths of his family. Yet here is creative work which should give to the true case worker the greatest appeal.

Charity Organization societies have always had the industrial problem to struggle with. One difficulty it seems to me has been, that our zeal has not always gone hand in hand with intelligent knowledge of how to attack the question of evil in our industrial life. We have seen the results of seasonal employment and low wages on family life, but our efforts in behalf of anything better have been ineffectual. If a remedy for these conditions is to be found, it

must be through the managers of industry catching a vision of what developed personality may do in their business, and through realizing that it pays.

What we most surely need today is a rediscovery on the part of the workman of the dignity of labor, when it is labor particularly fitted to himself. But in the complaints of industry regarding the ignorance and restlessness it has to contend with in its employees, industry itself has many changes to go through before it will cease being a positive hindrance to that development of personality which will turn ignorant and restless employees into valuable co-workers.

Just as social workers are often impatient with the lack of understanding of their difficulties, so must managers of industry have the same irritation with the well meant but often uninformed criticisms of social workers. What is unusual is what catches and holds the attention. Consequently, it is not to be wondered at, that public attention is constantly arrested by all the painful and deplorable episodes in the industrial struggle, and victories of intelligence and equity over ignorance and greed go unnoticed.

As has often been pointed out we are not economists and our contribution to this vexed question must lie in our interpretation to industry of the effect of the evils of insufficient income and irregular employment on family life, rather than in trying to work out ourselves the economic remedy. If such a spirit can be brought about social work and industry cannot fail to be the gainers, in a more intelligent understanding of the interdependence of industrial well being and family life.

To this end a year ago our society by vote of the Board of Directors asked the Central Council to appoint a committee to study unemployment. After much discussion a committee of five was appointed, made up of a manager of industry, a labor leader, a social worker, a woman representing the community, and the Director of the Central

Council. At one of the meetings, a member of the committee with evident sincerity said to the social worker "I don't see for the life of me why your organization should care about the causes of unemployment?"

The committee of the American Association for Organizing Family Social Work recently appointed to study industrial conditions and family life, should have a great opportunity to bring about better understanding between the two groups.

In conclusion: Should we not try to paraphrase some fine words read recently, "to keep the whole of mankind in full view, (as with our social and community point of view we are likely to) without losing sight of the individual man, the value of each personal unit in the social whole. The sense of smallness of individual life is hard to dissipate. Obscurity, confinement in dull conditions, mediocre endowment are hard to combat. Nothing but stubborn idealism can make a lasting impression on them."

To gain and practice this kind of idealism requires in the worker something beyond technique, beyond ability, beyond even the consciousness of new needs and opportunities. It demands in him something of developed personality, something of a "positive horror of losing for even one moment that complete possession of himself which is the first condition of good service." It requires nothing less, I take it, than "a discovery of a new and thrilling meaning to—"For their sakes I sanctify myself."

MILDRED POTTER CARPENTER.



## DIETITIAN'S REPORT.

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In last year's annual report it was suggested that a group of families be studied to determine the effect of insufficient income on the health, efficiency and happiness of the family. In order to carry on this study a variation was made in the usual work of the dietitian. Up to this time she had been giving specialized service in the families referred to her, working only on problems directly connected with house-keeping. During the past year she has carried the entire responsibility of the fifteen families chosen for the study, and in each case has been the only representative of the society in the home. Her work has begun after the regular routine investigation has been completed by the case worker. The four cases chosen for illustration are representatives of the 15 families studied.

Here is a Portuguese family where the father is well educated, speaks good English and has studied law. When first known to our society he exercised absolute authority in his household; believed himself unfortunate and made no friends. The mother has had a public school education but is unduly submissive to the authority of the father. There are seven bright, but poorly nourished children who are improperly disciplined. All members of the family were anemic and nervous—the mother despondent and complaining of constant lassitude. One child was rachitic. The family occupied three vermin infested unventilated rooms heated by an oil stove. The fourth largest and best lighted room was unused. Because of the father's fanatical ideas about taking cold the family of nine was crowded into the kitchen. The mother pleaded lack of time and the fact that she did not have a baby carriage as



the reason that she did not go out with the children. No attempt to make home attractive had been made. Stove was dirty and unpolished and bedding filthy. No sheets or pillow cases used. The father is a mill operative on part time and earning \$16.00 a week while the estimated budget for food alone was \$13.00. The family were spending \$8.00 for food and \$4.00 for rent, leaving \$4.00 for fuel, light, clothing and sundries. While the mother was despondent and discouraged, the father was unfriendly, intolerant and uncooperative at first, when an attempt was made to supervise the spending the small income.

After repeated visits and much persuasion the mother readily, the father grudgingly, consented to open windows and to occupy the unused room. The vermin was exterminated and the beds supplied with sheets, some made from flour bags and some made from material supplied by our society. The mother became interested in her home and made it more attractive. The rooms were cleaned, stove polished and windows and cup boards curtained even though father discouraged her by saying it was only "style" to please the visitor. However he improvised a baby carriage which allowed her to go out with the children daily. The father became very particular about the condition of the children when they attended school, insisting that their clothing be neat and well mended and their skins well cared for. When a report came from the schools with "neg" marked opposite skin and scalp condition, he upbraided the mother, believing that it meant "negligence" instead of negative.

During the following eight months the weekly wages of the father fluctuated from \$12.00 to \$18.00. A food budget was insured by the Family Welfare Society's supplementing to the extent of \$5.00 a week, given in the form of a \$1.75 grocery order and 3½ quarts of milk daily. At the end of this time, the father's income became \$20.95 but the milk was continued and is still being supplied. Milk is now con-

sidered an indispensable part of the diet. Careful supervision in the home was given in order that the best results might be obtained from the money spent for food. Even now the income does not equal the required budget so it is necessary to supply some clothing.

<b>Income</b>		<b>Actual</b>		<b>Estimated</b>	
\$16.00	Food	\$ 8.00	Food	\$13.50	
	Rent	4.00	Rent	4.00	
	Fuel, light, clothing	4.00	Fuel and light	2.60	
			Clothing	8.00	
		\$16.00	Sundries	1.50	
					\$29.60

\$16.00 Wages	Rent	4.00
5.00 F W S	Fuel and light	2.60
	Sundries	1.00
\$21.00		\$21.10

<b>Present Income</b>		<b>Actual</b>		<b>Estimated</b>	
\$20.95 Wages	Food	\$13.50			
3.25 F W S	Rent	4.00			
	Fuel and light	3.00			
\$24.20	Sundries	1.50			
	Clothing	2.00			
		\$24.00			

Medical supervision was secured for the rachitic child who was placed on a diet, and improved readily. Today she weighs 25½ pounds the normal weight for her age. The children have all made the average gain in weight for the year. Under the improved conditions of good air, a nutritious diet, and a more hopeful outlook, the mother's mental and physical depression has disappeared. The father has lost much of his pessimistic outlook, and is enthusiastic in inducing his associates to learn to speak and write English. His employer has elected him to speak to other employees about English classes. Why shouldn't a father lose a pessimistic outlook on life when he can see an

improvement in the condition of his home and in the health of all his family?

In sharp contrast to the housekeeping of the previous family is that of the following family. The mother was extremely neat, house clean and well ventilated. The father was an industrious hard working man always paying his bills and well liked by all. This family of eight were occupying a tenement of five rooms, using as a bedroom a room into which very little light penetrated. The food habits were bad, rice was virtually their only cereal; tomatoes and fried potatoes their only vegetables; they used little milk and olive oil was their only fat. One child was crippled and undernourished, one mentally deficient, a third had rickets and was subject to constant catarrhal colds. One girl of five was so poorly nourished her eyes were inflamed and constantly discharging. The father was enfeebled and unable to work full time because of stomach trouble and the mother was suffering from infected teeth doubtless caused by lack of calcium in diet during pregnancy. The parents readily agreed to our suggestion that the large and well lighted living room be used instead of the poorly lighted bedroom and kitchen. The family were supplied with 3 quarts of milk a day for a period of 8 months during which the father's wages were about \$18.00, an amount entirely too low for the family. The required budget is as follows:

Food	\$14.50
Rent	5.00
Clothing	5.50
Fuel and light	3.00
Sundries	1.50
	<hr/>
	\$29.00

We were unable to place the feeble minded child in an institution as his inability to speak English interfered with the mental test. The mother received treatment for her



diseased teeth, the rachitic child was placed on a diet including cod liver oil, which our society supplied as long as necessary, and was operated on at St. Luke's Hospital for removal of tonsils and adenoids. He is now free from catarrhal colds and gaining in weight. Because of improved nourishment the child's eyes which were discharging practically cleared. The father after an examination at St. Luke's Hospital was advised to live mostly on a liquid diet and in two months time was able to work full time. He is now earning \$29.50 which is adequate for the needs of the home.

The food habits of the family show a decided improvement. The mother has been influenced to use a larger variety of cereals, to introduce new vegetables into the diet, and to increase the amount of fruit used, giving it to the children in place of candy. The improved condition of the family was enough to convince the mother of the importance of milk in the diet, so that she is willing to buy each day the same amount which the Family Welfare Society supplied. The educational value of aid in the form of milk cannot be overestimated.

An interesting family to study was one of typical Italian peasants. The mother had worked in the fields before coming to America and was not accustomed to housekeeping. The children was allowed to sleep in their underclothes and the younger children to go nude upon the street. The father is a labouring man never earning more than \$19.00 a week. The oldest child, a boy of sixteen, could not be depended upon to help support the family. \$33.00 was the required amount for the family. Because of weakened spine and fallen arches the mother was capable of doing little muscular labor, which accounted largely for the untidy condition of the home and children. One child had rickets and another was deformed because of rickets in earlier life caused by poor dietary habits. Like many Italians, they believe the price of milk in this country is excessive and not knowing its food value they substituted



tea and coffee. They used few root vegetables except potatoes and in times of unemployment they reduced the accustomed amounts of green vegetables and tomatoes making their diet deficient in calcium, iron and vitamins. Oil was used in place of butter an unwise substitution when the diet was low in both milk and green vegetables. At times of unemployment the family lived almost entirely on bread and macaroni, a diet entirely lacking in the elements necessary for growing children.

Medical advice was secured and the Family Welfare Society supplied the rachitic child with one quart of milk a day and furnished cod liver oil and oranges for a period of three months. The child made an average gain of  $\frac{3}{4}$  pounds a month during that time. Advice as to the dietary adjustments necessary in this country was given. The constipation caused by the over-abundance of starchy foods was corrected, and the mother was encouraged to use more vegetables, fruits and a greater variety of foods. At present the family is buying extra milk for the child.

The father was greatly discouraged by the conduct of the older boy who never failed by his negligence to lose a position once obtained. After examination it was found he had a mentality of ten years. He has been able, with supervision to keep for three months a position in which he has earned \$19.00 a week. By his earnings the income is made adequate.

We secured surgical treatment for the deformed child who wore casts for two months following and who is now straight limbed. The orthopedic department at St. Luke's Hospital advised special arch and spine supports for the mother. These our society obtained for her and she is now able to do her housework making a much cleaner and more attractive home. The removal of the chaotic condition of the household discovered to her friends the surprising fact that she had a china closet.

An American family of 8 had an almost hopeless outlook. The father had had active tuberculosis in the past

and all the children have to attend the Tuberculosis Clinic regularly. One child had recently returned from the sanatorium. The father much below par in health was irritable and improvident. He was capable of earning \$30.00 a week, but his work had been irregular—there being long periods of unemployment. He allotted not more than \$7.00 a week for food and this monotonously consisted of baked beans, hasty pudding and apple sauce. The mother of this home made weekly complaints of her husband, and of the fact she could not have the food she liked. She, however, did not do her share in keeping a neat and orderly home. A hobby of the father's was his flower garden which he found could be a source of income during times of unemployment. Of the six children all were having constant colds and were undernourished. One was afflicted with enuresis, another had swollen tubercular glands. Three and four children were sleeping in one bed in a room where the shutters were kept closed. Our society supervised the sleeping conditions. Sheets were provided, not more than two children were allowed to sleep together and the family were induced to buy screens and curtain the front windows so that the shutters could be opened. Weekly inspections were made of the beds to insure cleanliness. We also secured out door work for the father during the summer and supplemented his wages by giving milk. For 7 months he has been receiving \$21.50 a week. We have induced him to allot \$12.00 instead of \$7.00 for a food allowance and he has agreed to the more varied diet outlined by our weekly menus given the mother. A strict accounting is kept of his expenditures. The Family Welfare Society has spared nothing to insure the health of the children, and their really marked improvement has made this worth while. The mother is enthusiastic in her praise of what our society has done for her family and expresses the sentiment that she would not live away from its helpful influence.

We are convinced by the experiment of this year that more constructive work can be accomplished by intensive contact with a few families than by less intensive supervision of many. When the dietitian is the only worker visiting the home, the whole hearted confidence of the family is gained. Her position is of necessity different from that of the case worker. She works with mothers in their daily routine of life and encourages them to have an added interest in their every day problems of cooking, sewing and housekeeping. She has an opportunity therefore for an intimate touch with families and comes to have first hand knowledge of their individual characteristics.

We see by the cases studied that an inadequate income cannot fail to have its disastrous effect upon the family. Food is too frequently the item sacrificed when wages are low. An insufficient amount spent for food results sooner or later in malnutrition, predisposition to Tuberculosis, rachitic deformities and generally impaired physical condition in the children, and lassitude, irritability and ill health in the parents. The two leading causes of unsatisfactory home condition then, are lack of sufficient income and ignorance. What may be accomplished by making the food allowance adequate has been indicated by the illustrations given. When used as a means of education, the aid given becomes doubly effective. With the help of the dietitian the best division of the food allowance may be taught. The mother may learn which foods can be safely eliminated and which ones need to be introduced. Even when the allowance is insufficient there is an opportunity for the dietitian to bring about the most advantageous expenditure.

The outlook for the coming year is encouraging as plans are rapidly developing for a "model" tenement in the south district when mothers and children may come in groups for instruction. In this way we will be able to come into contact with a larger number of families.

RUTH VAN WART.



## **VOLUNTEER SERVICE.**

The Family Welfare Society has undertaken a new piece of work this year in assigning the full time of the Assistant General Secretary to the development of a department of volunteer service. The various forms of volunteer service already being rendered the society supplied the basis of the new organization. A chairman and vice-chairman were appointed, and four main committees were formed each with its own chairman.

The Program Committee was given charge of planning the meetings throughout the year, four of which were its particular responsibility, the four teas with speakers chosen each time with the view to keeping the organization in touch with one of the larger aspects of social work. These teas continue the former custom of having "Friendly Visitor's Teas" as volunteer meetings. Regular meetings were planned to occur bi-monthly, and each time in charge of a different committee which would bring up its own work for consideration.

The Recruiting Committee is in charge of friendly visiting. Its function is to keep every qualified member active in the work of visiting families, and satisfactorily assigned to some problems. Second it interests itself in the effort of the society to give such service the methods of trained case work through the formation of classes and study groups. Third, it is interested in continuous recruiting of volunteers.

The Resource Committee has charge of making easily available all information regarding the resources of the community for recreation, education, medical treatment, employment, health, and also for developing resources for particular needs in families known to volunteers, thus supplementing their work.

The Christmas committee has charge of the Christmas giving of the society, the funds for that purpose, the list



of families to be remembered, and the securing and distributing of gifts.

The Volunteer Department's efforts have already counted effectively in the work of the society for this year. The program committee arranged for a tea on November 21st and Dr. George K. Pratt of the Massachusetts Society for Mental Hygiene as the speaker.

The Recruiting Committee has been instrumental in forming a class of twelve new volunteers who after taking the course have promised service. (Another class with ten members has been formed in the South District in one of the Roman Catholic parishes and is held in a parish house.) This Committee has gathered all former volunteers together and the number of visitors to special families has doubled since the beginning of winter increasing from eleven to twenty-three. New classes will be formed in February. The Resource Committee has under way a card catalogue of resources classified under the different headings. It has visited the different districts of the society and has a first hand familiarity with community conditions in each district and has very interesting reports as a result. It has been of some assistance in developing resources for the families in charge of friendly visitors.

The Christmas committee has taken charge of the Christmas work in a very efficient and successful way relieving the society almost wholly of its usual burden of work on this account.

It is hoped that this department working more and more for trained methods and for volunteer leadership, and supplying an asset of its own to the society in the individual and intensive form of service it can give, will become a strong auxiliary.

GEORGIANA LEAKE,  
Director.

**Statistical Report of the General Secretary to the Board of  
Directors from October 31, 1921 to October 31, 1922.**

Problems referred during year.....	676
Referred to other agencies.....	107
Out of town inquiries (done by Centre).....	94
Referred to Centre District.....	206
Referred to South District.....	183
Referred to North District.....	180
	<hr/>
	569

**Organizations and Individuals Referring.**

Police Department .....	1
Red Cross .....	5
St. Luke's Out Patient Dept.....	27
Physicians .....	17
Textile Union .....	1
Young Women's Christian Assn.....	3
International Institute .....	5
Assn. for Relief of Aged Women.....	2
City Mission .....	1
Legal Aid Society.....	12
Children's Aid Society.....	9
Churches    Grace                    (1) .....	2
South Baptist        (1) .....	
Probation Officers .....	12
Nurses    Industrial                (5) .....	14
School                                (5) .....	
Board of Health                    (4) .....	
Individuals .....	60
Overseers of Poor.....	69
Own application .....	273

Attendance Officers .....	11	
Instructive Nursing Assn.....	18	
Immigration Bureau .....	6	
Day Nursery .....	2	
Home for the Aged.....	1	
Dartmouth Supt. of Schools.....	1	
Society for the Prevention of Cruelty to Children .....	4	
Evening Standard .....	1.	
Industries .....	3	
American Legion .....	1	
Dartmouth Constable .....	1	
Dist. Nurses of Fairhaven.....	3	
Dorcas Society .....	1	
Mayor .....	1	
Policewoman .....	1	
Mass. General Hospital.....	1	
	—————	569

### Reasons for Application.

Desertion .....	41	
Supervision of dietary.....	7	
Widow .....	9	
Homeless .....	2	
Breadwinner in jail.....	11	
Drunkenness .....	20	
Non-support .....	11	
Feeble minded .....	3	
Venereal Disease .....	3	
Accidents .....	6	
Incompatability .....	22	
Tuberculosis .....	6	
Unemployment .....	113	
Insufficient income .....	220	
Sickness .....	75	
Aged .....	20	
	—————	569

### Nationalities.

Portuguese .....	289	
English .....	100	
French .....	52	
Polish .....	22	
American .....	73	
Irish .....	11	
Italian .....	1	
Syrian .....	2	
Brava Portuguese .....	2	
Greek .....	10	
Colored .....	5	
German .....	2	
	<hr/>	569

### Social Service Exchange.

Overseers of Poor.....	137	
St. Luke's Out Patient Dept.....	1,304	
Children's Aid Society.....	351	
Society for the Prevention of Cruelty to Children .....	141	
Instructive Nursing Assn.....	618	
Third District Court.....	235	
Young Women's Christian Assn.....	24	
Red Cross .....	238	
Day Nursery .....	39	
International Institute .....	64	
Volunteers of America.....	1	
Psychopathic Hospital .....	2	
Dorcas Society .....	2	
	<hr/>	3,156

### Meetings.

Directors .....	9	
Learn to Eat Classes.....	73	
Conferences .....	39	
Directors Case Committee .....	29	
Volunteers .....	8	
	<hr/>	158



## OFFICERS

President—Mr. Frederic H. Taber

Vice-Presidents—Mr. Charles Mitchell, Mr. Oliver Prescott

Clerk—Miss Mildred P. Carpenter

Treasurer—Mr. John L. Emery

## BOARD OF DIRECTORS

### To 1923

Rev. E. Stanton Hodgkin

Mrs. George B. Knowles

Rev. A. P. Vieira

Mr. Julius Berkowitz

Mr. Oliver Prescott

Miss Emma R. Hall

Miss Mabel L. Potter

### To 1924

Mrs. Walter S. Allen

Mr. Clarence R. O'Brien

Miss Julia Delano

Mr. Frederic H. Taber

Mr. Cooper Gaw

Mr. James Thomson

Miss Ellen R. Hathaway

Mr. J. O. Thompson, Jr.

### To 1925

Mrs. L. E. Bridgeman

Miss Elizabeth K. Howland

Mr. John H. Clifford

Mr. Charles Mitchell

Mr. James P. Francis

Mrs. David D. Pratt

Mr. Francis N. Howes

Mr. Elton S. Wilde

## EX-OFFICIO

Mr. John L. Emery

Miss Mildred P. Carpenter

## STAFF

General Secretary—Miss Mildred P. Carpenter

Assistant Secretary—Miss Georgiana Leake

North District Secretary—Miss Dorothy B. Whitton

Associate North District Secretary—Miss Orpha J. Kilbourn

South District Secretary—Miss May S. Bailey

Central District Case Workers { Miss Edith Ribchester  
Miss Myra L. Allen

Dietitian—Miss Ruth M. VanWart

Office Secretary—Miss Elizabeth F. O'Brien

Stenographer of Districts—Miss Grace H. Whitney

## HOURS

Central Office, 9—5. Saturday 9—1

South District Office, 11—12:30

North District Office, 11—12:30

## COMMITTEES.

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### EXECUTIVE

Mr. Frederic H. Taber (ex-officio)    Mr. James Thomson  
Mr. John L. Emery                      Mr. Clarence R. O'Brien  
Miss Julia Delano

### DISTRICTS

Mr. Francis N. Howes, Chairman    Mr. Julius Berkowitz  
Miss Elizabeth K. Howland          Mr. Thomas P. Payne  
Rev. F. Taylor Weil

### SOCIAL SERVICE EXCHANGE

Mr. Charles Mitchell, Chairman    Mr. John H. Clifford  
Mr. J. O. Thompson, Jr.

### COMMITTEE ON VOLUNTEERS

Mrs. David D. Pratt                      Mrs. Walter S. Allen  
Mr. Elton S. Wilde                      Miss Mabel Potter

### DIRECTORS CASE COMMITTEE

Mr. Frederic H. Taber, Chairman    Mrs. David D. Pratt  
Mr. Clarence R. O'Brien              Mrs. Franklin W. Hobbs  
Rev. E. Stanton Hodgins              Miss Julia Delano  
Mrs. George B. Knowles              Mrs. Walter S. Allen  
Miss Ellen R. Hathaway

## MEMBERS OF VOLUNTEER DEPARTMENT.

Chairman—Miss Rosamond Clifford

Secretary—Mrs. George B. Knowles

### RECRUITING COMMITTEE

Mrs. Franklin W. Hobbs, Chairman	Rev. L. H. White
Rev. F. Taylor Weil	Mrs. Lothar Nietsch
Mrs. Walter Underdown	Mrs. George B. Knowles
Miss Natalie Smith	Mr. Elton S. Wilde

### Program Committee

Mrs. David D. Pratt, Chairman	Mrs. Charles A. Pratt
Mrs. Walter S. Allen	

### RESOURCE COMMITTEE

Miss Louise Pratt, Chairman	Miss Mabel Potter
Mrs. William C. Appleton	Miss Sylvia Russell
Miss Elizabeth K. Howland	Miss Dorothy B. Leake
Mrs. Harry Beal	

### CHRISTMAS COMMITTEE

Mrs. L. E. Bridgeman, Chairman	Mrs. L. S. Walker
Mrs. Richard B. Leake	Mrs. Henry S. Knowles
Miss Mabel Hutchinson	Mrs. Charles S. Kelley, Jr.
Mrs. W. H. Thayer	Mrs. Abbott M. Smith
Mrs. Almy Booth	Mrs. George B. Knowles
Mrs. Stephen Taylor	

## VOLUNTEERS.

Baker, Mrs. E. O.	Howland, Mrs. Weston
Berkowitz, Miss Rebecca	Jones, Mrs. Thomas H.
Blair, Mrs. John K.	Knowles, Mrs. Joseph F.
Bullard, Mrs. Gardiner	Mirsky, Mrs. Simon
Cushman, Miss Sally	Smith, Miss Jessie
Dine, Miss Lillian	Stanley, Mrs. N. A.
Stanton, Miss Elizabeth	

## FRIENDLY VISITORS.

Appleton, Mrs. William C.	Howland, Miss Elizabeth K.
Austin, Mrs. J. K.	Hunt, Miss Anna
Booth, Mrs. Arthur S.	Hutchinson, Miss Mabel
Burgess, Mrs. Margaret	Kempton, Miss Helen P.
Chapman, Mrs. L. D.	Knowles, Mrs. George B.
Clifford, Miss Rosamond	Nietsch, Mrs. Lothar
Dillingham, Miss Bertha	Pratt, Miss Louise
Genensky, Miss Dorothy	Prescott, Miss Mary R.
Holmes, Mrs. Charles M.	Taylor, Mrs. Stephen H.
Holmes, Mrs. Harold D.	Thayer, Mrs. W. H.
Howes, Mrs. Frank S.	Tucker, Mrs. Arthur L.
Walker, Mrs. Lothrop E.	

**NEW BEDFORD FAMILY WELFARE SOCIETY.**  
**TREASURER'S REPORT.**

RECEIPTS AND EXPENSES.

**Year Ending September 30, 1922.**

RECEIPTS.

Subscriptions	27.00	
Community Welfare Fund	\$16,580.47	
Interest	526.77	
	<hr/>	\$17,134.24

EXPENSES

Salaries	\$10,429.89	
Rent	1,554.00	
Telephone and Telegraph	332.93	
Office expense (including Confidential Exchange)	241.59	
Printing	167.69	
Postage	103.68	
Cleaning	88.55	
Miscellaneous supplies	203.35	
Car Fares	198.31	
Travel	116.87	
Automobile maintenance	319.70	
Insurance	38.50	
Typewriter	102.50	
Conference, National and State	154.63	
Dues	47.00	
Contributions	100.00	
Subscriptions	12.43	
Relief	2,377.48	
Advertising	4.16	
Furniture	93.17	
Petty Administration Account	100.00	
	<hr/>	\$16,786.43

Balance	<hr/> \$ 347.81
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At a meeting of the Board of Directors of the New Bedford Family Welfare Society held March 22, 1922 it was voted to change the fiscal year of the Society from (November 1st to October 31st) to (October 1st to September 30th.)

(Signed)

JOHN L. EMERY,  
Treasurer.



## NEW BEDFORD FAMILY WELFARE SOCIETY.

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### REPORT OF CONDITION.

**September 30, 1922.**

#### DEBIT

Cash	\$2,731.13
New Bedford Inst. for Savings	21.88
United States 3rd Liberty Loan Bonds	2,000.00
American Tel. & Tel. Co. Bonds	4,900.00
Pacific Power & Light Co. Bonds	925.00
Pennsylvania Water & Power Co. Bonds	890.00
County of Cottle, Texas, Bonds	2,710.14
	<hr/>
	\$14,178.15

#### CREDIT

Robert Charles Billings Fund	\$5,000.00
Mary L. Jones Bequest	2,000.00
George Pickens Bequest	1,000.00
Caroline O. Seabury Bequest	1,000.00
Charlotte Hicks Bequest	4,500.00
General Fund	678.15
	<hr/>
	\$14,178.15

(Signed)

JOHN L. EMERY,  
Treasurer.

## STATEMENT OF RELIEF FUNDS

From October 31st, 1921 to  
September 30th, 1922

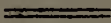
Balance on hand, November 1st, 1921	\$ 714.71	
Receipts for period	7,984.80	
	<hr/>	\$8,699.51
Expenditures for period	\$8,312.09	
Balance on hand October 1st, 1922	387.42	
	<hr/>	\$8,699.51

We have examined the accounts of the Relief Funds of the Family Welfare Society, and find same correct as stated.  
October 27th, 1922.

(Signed) MERTON W. SWIFT,  
Public Accountant.

The Family Welfare Society beside giving relief from its own fund secures relief from the Relief Committee of the Union for Good Works, Country Week Society, Dorcas Society, Unitarian Sewing Circle, John West Fund, James Arnold Fund, Sylvia Ann Howland Fund, Churches, and Benevolent Individuals.

**FORM OF BEQUEST**



I give and bequeath to  
the New Bedford Family  
Welfare Society, incor-  
porated, the sum of

.....

..... dollars



